

Disney Chef Spices Things Up At The Latin Food And Wine Festival

LAKE BUENA VISTA, Fla., Oct. 19, 2013 - Disney Chefs were among the Central Florida culinary experts who cooked up some savory cuisine during the Latin Food and Wine Festival this past weekend in Altamonte Springs. Sponsored in part by Disney, the event drew more than 20,000 wine and food enthusiasts who celebrated and enjoyed the tradition and taste of Latin cooking.

Walt Disney Parks and Resorts supports the Latin Food and Wine Festival as part of the company's ongoing commitment to diversity and inclusion. The festival, now in its fifth year is produced by the Hispanic Chamber of Commerce of Metro Orlando and is held at the end of October to celebrate Hispanic Heritage month.

After an exciting two days of delectable dishes, the weekend closed with the Grand Tasting event, which included a cooking demonstration and recipe presentation by Disney Chef Beatriz Candelario, who works at Disney's Hollywood Studios. As part of the TRYit! campaign, which encourages families to try new foods and lead healthier lifestyles, Chef Bea created a healthier version of arroz con pollo especially for the festival attendees.

TRYit! is part of Disney Magic of Healthy Living, a company-wide initiative that partners with parents and inspires kids to live healthier lifestyles by making them simple and fun.

"As a child I loved the arroz con pollo that my grandma used to make for me," Candelario said. "So participating in the festival was an easy yes for me. My grandmother influenced me as a chef, and I am proud to represent her recipe with my own culinary style."

Arroz con Pollo (Chicken With Rice) Walt Disney Parks and Resorts

Serves 10-12

1/2 medium yellow onion, coarsely chopped

5 cloves garlic

1 medium green bell pepper

1 medium red bell pepper

2 tablespoons chopped fresh recajo (culantro)

6 sweet peppers (aji dulce), seeds removed

1 tablespoon chopped fresh oregano

4 tablespoons chopped fresh cilantro, divided

1/4 cup olive oil

3 pounds skinless, boneless chicken thighs, cut into bite-sized pieces

1/2 cup tomato paste

1/2 cup sliced green olives

1/4 cup drained capers

5 cups vegetable broth

4 cups brown rice

Coarse salt, cracked black pepper, to taste

1. Place onion, garlic, green and red peppers, recao, aji dulce, oregano and 2 tablespoons cilantro in food processor and pulse to a fine chop. Set aside.
2. Heat oil in a 5-quart saucepot over medium-high heat. Add chicken and stir for 2 to 3 minutes until browned.
3. Add chopped vegetables, tomato paste, olives and capers, and continue to cook and stir for 6 to 8 minutes until chicken has cooked through.
4. Stir in broth and rice. Cover and reduce heat to medium to maintain a gentle simmer and cook until the rice has absorbed the liquid, about 10 minutes.
5. Turn the heat to low and cook, covered, for 10 more minutes or until the rice has absorbed all the liquid.
6. Season to taste with salt and pepper. Just before serving, stir in remaining cilantro.

This recipe has been converted from a larger quantity in the restaurant kitchens. The flavor profile may vary from the restaurant's version.

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